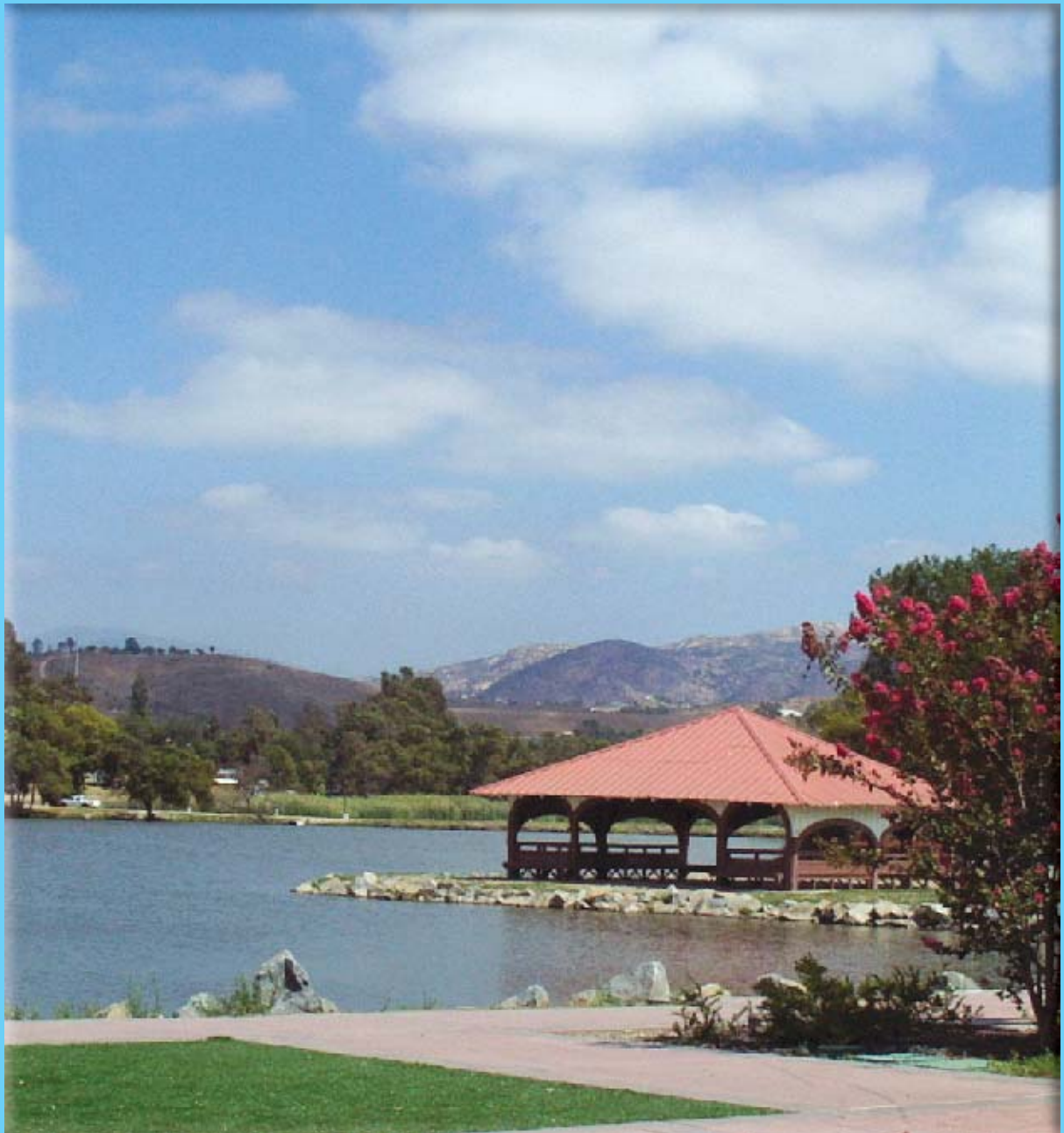


LAKESIDE COMMUNITY CENTER

9841 VINE STREET LAKESIDE, CA 92040 (619) 443-9176 Fax (619) 443-5932
~A COUNTY OF SAN DIEGO PARKS AND RECREATION DEPARTMENT FACILITY~
~WHERE HAVING FUN IS NATURAL~



FALL 2005 ACTIVITY AND PROGRAM GUIDE

 PARKS AND
RECREATION
COUNTY OF SAN DIEGO
www.sdparks.org

COMMUNITY CENTER INFORMATION

WELCOME TO THE LAKESIDE COMMUNITY CENTER

The Lakeside Community Center is aptly named as its on the shore of Lindo Lake, which provides a scenic background for the modern facility. Lindo Lake County Park is the recreational center of the community, with its family and group picnic areas, dance ramada, play areas, softball field, horse-shoe pits, fishing, and tennis courts. The park is also home to the local County library.

The community center offers a wide array of programs and services to the youth, adults, and seniors of Lakeside and the surrounding area. Whether it be preschool, karate instruction, or driver training, you'll find something of interest here. For those who are looking for a site for a meeting, birthday party, or wedding, be sure to see our rental information (page 16).

LAKESIDE COMMUNITY CENTER STAFF

DIRECTOR, JOHN MOZERKA

CATALOG PUBLISHER, CHARLES GOODWIN

TEEN CENTER DIRECTOR, SHARI RASMUSSEN

TEEN CENTER STAFF, JOSH ROUNDY, TANITH SLOAN, GABBY SPALDING & ERIC SPOONER

PRESCHOOL DIRECTOR, HARRIET WHITMORE

PRESCHOOL TEACHERS, KARIN CAMERON, TYLA FARIS, CHERYL MCGEE, STAR MCFARLAND & ALI WHITMORE

BUILDING & GROUNDS STAFF, CHARLES GOODWIN, MARK ROLAND & GEORGE SHAW



One of the most important issues communities face today is a staggering increase in the rates of obesity and chronic disease particularly among our youth. But did you know that incorporating 30-60 minutes of physical activity into your daily routine can make a significant difference in you or your child's well being? Getting more physically active can be as simple as walking to work, biking to school, playing in the park or even working in the yard. The Lakeside Community Center and the County of San Diego Department of Parks and Recreation are committed to helping you achieve a healthier lifestyle through our many affordable activities and programs—from dance classes to yoga, there truly is something for everyone. The "Live A Healthy Life....Recreate" logo identifies programs and activities that offer a health and wellness benefit to the participant. Look for the logo throughout the program guide to help you choose what is right for you.

John Mozerka
Community Center Director

The Lakeside Community Center Activities Program is published three times a year by the County of San Diego Department of Parks and Recreation, 5201 Ruffin Road Suite P, San Diego, CA 92123-1699. Address correspondence regarding this publication to: Lakeside Community Center, 9841 Vine Street Lakeside, CA 92040 P.O. Box 1708 Lakeside, CA 92040 or e-mail us at john.mozerka@sdcounty.ca.gov

Lakeside Community Center Contractors

American Youth Outreach

Gymtrix

Grossmont Adult Education

Sam Frazier Tang Soo Do

Luis Sumaya (Adult Line Dance)

Pacific Martial Arts

A Child's Center of Wonder & Discovery

Jody Kravitz Line Dancing

55 Alive

SD Martial Arts

Salvation Army

Alpine Squares

C+R Vending

American Red Cross (WIC)

Board of Supervisors:

Greg Cox, District 1, Dianne Jacob, District 2,
Pam Slater-Price, District 3, Ron Roberts, District 4
Bill Horn, District 5

Chief Administrative Officer:

Walter F. Ekard

Department Director:

Renée E. Bahl



COMMUNITY CENTER INFORMATION

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WAYS TO REGISTER

~IN PERSON:

Register in person at the Community Center office, located at 9841 Vine St. in Lakeside. We are open weekdays, Monday through Friday 8:00 a.m - 5:00 p.m. Cash, check, or credit card (Visa or Mastercard) are accepted. Please make checks payable to the *Lakeside Community Center*.

~BY PHONE:

Call the Community Center office (619) 443-9176 to register using a credit card.

~REFUNDS:

Fees are refunded or credit offered only if an activity is cancelled.

~FINANCIAL AID:

Scholarships are available, call the Community Center Office at (619) 443-9176 for details.

~HOLIDAYS:

We will be closed on the following dates:

September 5, 2005 in observance of Labor Day.

November 11, 2005 in observance of Veteran's Day.

November 24 and 25, 2005 in observance of Thanksgiving.

December 25, 2005 in observance of Christmas.

PHONE NUMBER DIRECTORY

Emergency Numbers

Sheriff Emergency	911	Fire Department Emergency	911
Medical Emergency	911	Animal Control Emergency	911
Poison Control	(800) 876-4766	SDG&E Emergency	(800) 611-7343

County Parks Offices

Lakeside Community Center	(619) 443-9176
County Parks & Rec. Info.	(858) 565-3600
Lindo Lake Park Information	(858) 694-3045

Other Organizations

Lakeside VFW	(619) 443-2930
AYSO	(619) 561-3758
Lakeside Boys & Girls Club	(619) 443-9293
Lakeside Chamber of Commerce	(619) 561-1031
El Capitan Health Clinic	(619) 390-9975

County/Government

Lakeside Library	(619) 443-1811
Lakeside Union School District	(619) 390-2600
Animal Control	(619) 263-7741
Lakeside Sheriff non-emergency	(858) 565-5200

Utilities

Lakeside Water	(619) 466-3805
Riverview Water	(619) 561-1333
SDG&E	(800) 411-7343

PRE SCHOOL PROGRAM

A Child's Center of Wonder & Discovery

Preschool Classes Learning Center for 3, 4, & 5 year olds

A Child's Center of Wonder & Discovery is a **NON-PROFIT** Preschool Program. Our sole purpose is to provide fun, educational and age appropriate experiences for young curious children. **ALL AT AN AFFORDABLE PRICE!!** We have a well-qualified staff of instructors who have years of experience working with preschool age children. They truly love what they do and it shows!



REGISTRATION INFORMATION

Enroll today!

**Classes proceed September 2005
through June 2006**

Enrollment based on availability.

Please call: Harriet Whitmore

(619) 443-4834

Financial Aid available: Call (619) 390-4982 for details



CLASS SCHEDULES

**Sept. 2005 thru June 2006
2 days or 3 days per week
\$30.00 REGISTRATION FEE**

Tues./Thurs. 8:30-11:30

**Ages: 3 & 4 year olds (Pre-Pre K)
Must Be 3 Years by Dec. 2, 2005
\$35 per week**

Mon./Wed./Fri. 8:30-11:30

**Ages: 4 & 5 year olds (Pre-K)
Must Be 4 Years by Dec. 2, 2005
\$51 per week**

Tues./Wed./Thurs. 12:30-3:30

**Ages: 4 & 5 year olds (Pre-K)
Must Be 4 Years by Dec. 2, 2005
\$51 per week**

Mon. thru Fri. 8:30-11:30

**Ages: 4 & 5 year olds (Great Start K)
Must Be 5 Years by March. 1, 2006
\$85 per week**

YOUTH ACTIVITIES



BY GYMTRIX

These classes include gymnastics, tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes, balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence. Gymtrix classes *a/ways* fill up quickly, so please register early!

Dates: Session #1 goes from September 13 - November 1
Session #2 goes from November 8 - December 27

Time: (see below)

Fee: \$59 per session.

Age: (see below)

Room: Moreno Room

Tumbling 1

Time: 3:30 - 4:15 p.m.
Ages 6 and Up

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers.

Cheerleading

Time: 5:00 - 5:45 p.m.
Ages 5 and Up

This class will go over the basic skills for cheerleading.

**For more information please call (619) 443-9176 or (619) 659-8772
Please bring registration slip into Community Center office.**

Fall 2005

Parent's name: _____ Participant's name _____

Name: _____

Address: _____ **City:** _____ **Zip:** _____

Home Phone: _____ **Work Phone:** _____

Class:	Class Day/Time	Class Total
--------	----------------	-------------

\$: _____

Method of Payment: ☒ Check # ☐ Cash ☐ Money Order

Visa or Mastercard # - - - - - **Expiration Date**

YOUTH ACTIVITIES



AMERICA'S YOUTH OUTREACH CHEER

Complete goal oriented programs for beginning to advanced students. **New Session Starts September 13th.**

Dates: Tuesday evening

Registration Day:

Minis (age 4-7)

Register 5:00 - 5:30 p.m. Class 5:00 - 5:40 p.m.

Juniors (8 and up)

Register 6:00 - 6:30 p.m. Class 5:45 - 6:25 p.m.

Seniors (8 and up)

Register 10 minutes prior to class at 6:30 - 7:10 p.m.

Each Following Week:

(Minis) : 5:45 - 6:25 p.m.

(Juniors) 8 - up 6:30 - 7:10 p.m.

(Seniors) 8 - up: 6:30 - 7:10 p.m.

Fee: \$7.00 per class. One time \$5.00 registration fee is required.

Room: Main Hall

To register, arrive 10 minutes before class time. Registrations will not be accepted after October 4th.

For more information call: (619) 282-3066



AMERICA'S YOUTH OUTREACH KARATE

Youth self defense karate and safety awareness program. **New Session Starts September 14th.**

Dates: Meets every Wednesday evening

Registration Day:

All new Students register 5:00 - 5:30 p.m. Class 5:30 - 6:10 p.m.

Returning Students

Ages 5-6: 6:30 - 7:10 p.m.

Ages 7 & up: 7:15 - 7:55 p.m.

Green Belt or Higher: 8:00 - 8:40 p.m.

Each Following Week:

New Students

5-6: 5:00 - 5:40 p.m.

7 & up: 5:45 - 6:25 p.m.

Returning Students

Ages 5-6: 6:30 - 7:10 p.m.

Ages 7 & up: 7:15 - 7:55 p.m.

Green & up: 8:00 - 8:45 p.m.

Fee: \$7.00 per class. One time \$5.00 registration fee is required.

Room: Main Hall

To register, show up 10 minutes before class time. October 5th is the last day to register.

For more information call: (619) 282-3066

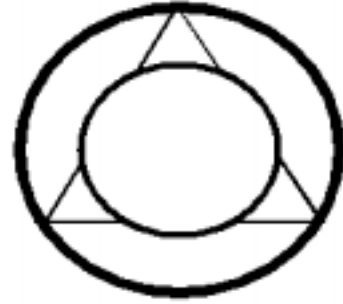
YOUTH ACTIVITIES



SD MARTIAL ARTS

SDMA has drawn from decades of experience to create a unique and effective self-defense program for students of all ages. **A child care professional works with our youngest students to ensure their progress, while our founders work with the pre-teens, teens and adults.** A large teaching staff provides individual attention for every student. First class free. Family discounts are available. www.sdmartialarts.com

Chief Instructor: Scott Babb
Senior Instructor: David Delcasale
Teaching Staff: Justine Delcasale
Heather Mosley
Scott Case
Joe Schnur
Dates: Thursdays
Times: 6:30 to 7:45 p.m.
Fees: \$8 per class
Ages: 6 and up
Location: Main Hall



PACIFIC MARTIAL ARTS EAST COUNTY

"We Teach Attitudes First"
Make gains in self esteem, confidence, and improve fitness.

Instructor: Chris Pipkin
Dates: Mondays and Thursdays
Time: Juniors 5:00 - 6:00 p.m.
Adults 6:15 - 7:45 p.m.
Fee: See instructor
Age: Juniors ages 6-12
Adults ages 13 and up.

To arrange a free class, call Chris Pipkin, instructor at (619) 561-1632
www.pmakarate.com



SAM FRAZIER SCHOOL OF TANG SOO DO TRADITIONAL KARATE

Formal black belt training certified by The World Moo Duk Kwan Tang Soo Do Federation.

Instructors: Sam Frazier
Dates: Tuesdays & Thursdays
Time: 3:30 - 5:00 p.m.
Fee: See instructor
Age: 7 and up
Limit: 30 students

www.tangsoosam.com

AFTER SCHOOL PROGRAM



Fall REC Club BEGINS September 6TH, 2005

All activities are **FREE**

for middle school and high school youth.

Activities include: fitness, cooking, art programs, dance class, guitar lessons, community service, skate team, all girl sport programs, and more!



For more info please contact
Shari Rasmussen
Program Coordinator at
619-443-4169



County of San Diego
Department of
Parks and Recreation
Lakeside Critical Hours Program

ADULT FITNESS & DANCE

COUNTRY & WESTERN DANCE TEAM PRACTICE

Instructor: Luis Sumaya
Dates: Tuesday nights
Time: 6:30 p.m.
Fee: Call for class fee
Room: Moreno Room

For information or to register:
Call (619) 401-8404

SQUARE DANCING

With the Alpine Square Dance group.

Dates: Friday nights
Time: 6:30 - 9:00 p.m.
Fee: \$3.50 at the door
Room: Moreno Room

For more information:
Call (619) 443-7907



LINE DANCING

For all levels of students.
Open dance immediately follows class.

Instructors: Cathie Lopez &
Jody Kravitz
Dates: Mondays
Time: Beginners: 6:15 - 7:15 p.m.
Intermediate: 7:30 - 9:00 p.m.
Fee: \$5.00 per class at the door
Room: Moreno Room

For information or to register:
Call (866) 498-0502
www.5678fun.com

GENERAL EXERCISE

A one hour mild cardiovascular
exercise class.

Instructor: Argia Morgan
Dates: Mondays &
Wednesdays
Time: 2:15 - 3:15 p.m.
Fee: No charge
Room: Main Hall

For more information:
Call (619) 596-3657

SENIOR ACTIVITIES

GROSSMONT ADULT EDUCATION

Painting

An all-level class practicing styles using oil and acrylic paints.

Cost: \$5 per semester.
Dates: Mondays, August 29 - December 12
Time: 12:00-3:10 p.m.
Room: Moreno Room

Drawing

Classes using pencil, pen and charcoal instruments, appropriate for all levels.

Cost: \$5 per semester.
Dates: Tuesdays, August 30 - December 13
Time: 9:00-1:00 p.m.
Room: Moreno Room

Watercolor

Drawing and watercolor for all levels.

Cost: \$5 per semester.
Dates: Wednesdays, August 31 - December 14
Time: 9:00-12:00 p.m.
Room: Moreno Room

Quilting

A potpourri style quilting class for all levels.

Cost: \$5 per semester.
Dates: Wednesdays, August 31 - December 14
Time: 9:00-10:00 p.m.
Room: Moreno Room

Arts & Crafts

Decorative crafts using acrylic paints.

Cost: \$5 per semester.
Dates: Fridays, September 2 - December 16
Time: 8:50-12:00 p.m.
Room: Moreno Room



Register at class.
For information call:
(619) 569-3657

SENIOR ACTIVITIES

SENIOR TRIPS

Camel Dairy

September 24, 2005

Trip includes: Roundtrip transportation from the Lakeside Community Center, private tour, and a refreshing stop in Julian for apple pie.

Cost: \$20.00 per person

Lawrence Welk Theatre - Gypsy



Matinee Luncheon Buffet

November 10, 2005

Trip includes: Roundtrip transportation from the Lakeside Community Center, luncheon buffet at the Lawrence Welk resort and matinee show.

Cost: \$43.00 per person

Lawrence Welk Theatre - 11th Annual Lawrence Welk Christmas Show



Matinee Luncheon Buffet

December 15, 2005

Trip includes: Roundtrip transportation from the Lakeside Community Center, luncheon buffet at the Lawrence Welk resort and matinee show.

Cost: \$43.00 per person

The Lawrence Welk Resort is more than just a theatre and restaurant. It is also a museum containing memorabilia highlighting the life and career of legendary band leader Lawrence Welk. Don't miss your chance to join us for the full Lawrence Welk experience!

SENIOR ACTIVITIES

SENIOR NUTRITION

A breakfast and lunch nutrition program provided by the Salvation Army.



Breakfast

A continental breakfast consisting of coffee and pastries.

.25 ¢ donation suggested.

Monday through Friday
beginning at 9:30 a.m.

Lunch

A hearty meal offering items from all food groups.

Monday through Friday
beginning at 11:30 a.m.

Suggested Donation:
\$3.00 for seniors
\$5.00 for non-seniors

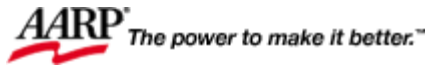
Bingo

Monday, Wednesday, and Friday
10:30-11:00 a.m.

For more info contact:
Elaine Gerbrand (619) 443-9176

SPECIAL INTERESTS

55 ALIVE DRIVER TRAINING



The nation's first and largest classroom refresher for motorists age 50 and older.

- Learn how to avoid driving hazards
- Minimal course fee
- No tests

Dates: Call for days and times

Room: Moreno Room

Auto insurance discounts in most states – consult your insurance agent.

For information, call toll-free:
1-888-227-7669 (1-888-AARP-NOW)
www.aarp.org/55alive

FAITH BASED



We are a new church in East County and we want to invite you to come and worship God with us. Everyone is welcome and everyone is accepted!

Dates: Sundays

Time: 10 a.m. Church Service
6 p.m. Prayer Meeting

Room: Moreno Room

For more information:
Call (619) 390-1138
www.thelightchurch.com

AA

General AA Meetings

Tuesdays, Wednesdays,
and Thursdays - 5:30 pm

Saturdays - 1:30 pm

Women's Meetings

Wednesdays - 7:00 pm

Saturdays - 10:00 am

Speaker Meetings

Sundays - 5:00 pm

WIC



American Red Cross

Dates: Every other Thursday
Time: 8:45 a.m. - 12:00 p.m.
and 1:00 - 3:30 p.m.
Room: Lakeshore Room

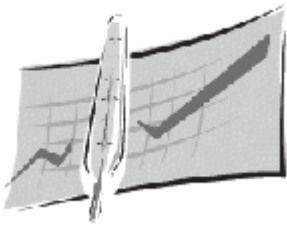
For More information:
Call (619) 593-1440

COMMUNITY EVENTS

HEALTH FAIR 2005

Join us once again
for our annual community health fair!

October 26 in the Main Hall!



FREE!

- Health Screenings
- Blood Pressure
- Flu Shots
- Over 40 Vendors (Health Professionals)
- Door Prizes



For information, call the Community Center office:
(619) 443-9176

WEEKLY COMMUNITY MEETINGS

Lakeside Planning Group

1st and 3rd Wednesday of each month at 7:30 p.m.

www.lcpvg.com

For info, contact Rick: (619) 561-5946

Lakeside Revitalization Group

2nd Wednesday of each month at 7:30 p.m.

COMMUNITY EVENTS

HALLOWEEN PROGRAM



LAKESIDE COMMUNITY CENTER
**3RD ANNUAL
HALLOWEEN FESTIVAL**



**OCTOBER 31
4:00-7:00 P.M.**

**FOOD & DRINKS
CRAFTS
CANDY
GAMES
HAUNTED HOUSE
ASTRO JUMPS**

ALL FREE!



Sponsored by



For more information, call the Community Center office:
(619) 443-9176

The Meyer Hall at The Lakeside Community Center

- The perfect local setting for your big event!

WEDDINGS * BIRTHDAYS ANNIVERSARIES * BANQUETS

With seating for up to 300 guests (tables & chairs included), our fully air conditioned auditorium is a convenient, attractive and economical place to have a party of any kind. Event rentals include the use of our commercial kitchen with refrigerators, freezers, ovens, stoves and steam tables. So whether you hire a caterer or self-cater your event, you'll have all the tools, support and space you'll need to host an event that your guests will rave about!

For package details, pricing and availability, please see the chart below and call us at the Lakeside Community Center.

(619) 443-9176



Room	Base Rate Private Parties & For Profit 4 Hour Minimum	Deposit	Reduced Rate Nonprofit fundraising events	Nonprofit Rate Non fundraising activities, no admission charged.
Main Hall	\$125 per hour Plus \$150 Maintenance Optional Chairs/Tables with setup/take down: \$150	\$250	\$100 per hour Plus \$100 Maintenance Optional Chairs/Tables with setup/take down: \$75	\$75 per hour Plus \$75 Maintenance Optional Chairs/Tables with setup/take down: \$50
Stage (With Main Hall Only)	Flat Fee \$50	—	Flat Fee \$30	Flat Fee \$20
Kitchen (With Main Hall Only)	Flat Fee \$200 Complete \$100 Partial (Sinks and Refrigerator only)	—	Flat Fee \$100 Complete \$50 Partial \$25 Refrigerator only	Flat Fee \$50 Complete \$25 Partial \$10 Refrigerator only
Moreno Room	\$75 per hour Plus \$75 Maintenance Optional Chairs/Tables with setup/take down: \$75	\$100	\$60 per hour Plus \$50 Maintenance Optional Chairs/Tables with setup/take down: \$50	\$30 per hour Plus \$50 Maintenance Optional Chairs/Tables with setup/take down: \$20
Lakeshore Room	\$20 per hour Maintenance and Chair/Table setup/take down included	No Deposit Necessary	\$10 per Hour Maintenance and Chair/Table setup take down included	\$10 per Hour Maintenance and Chair/Table setup take down included